Sports Performance Seminar

Date: Saturday June 16, 2007

Time: 8:00am-5:00pm
Registration Starts at 7:30am

Loyola Marymount University

Burns Recreation Center 2nd floor, Back Court

1 LMU Drive Los Angeles, CA 90045

$300.00 Prior to the Event
Make check payable and mail to:

Robert Takano
10915 McLennan Ave
Granada Hills, CA 91344

For more information
(818) 421-3514
(310) 597-2027

Seats are Limited
Ask about group discounts

World Class Athlete Training

Takano Athletics
presents

"How to Train the Elite Athlete;
Program Design to Implementation"

Training professional athletes with Joe Carbone

World Class Weightlifting

Highlights

- World class athlete program design & implementation.
- Advanced Olympic weightlifting techniques.
- Core stabilizing techniques combined with the classic lifts & exercises.
- Training professional athletes and special considerations for this population.
- Hands on demonstration and coaching.
- CEU's for C.S.C.S. credential with the NSCA.

These three Masters of Sports Performance Training are uniting for the first time to share their expertise with a limited audience. Learn what it takes to train at the highest levels of sport and achieve sustainable elite performance. Periodization & program design, Olympic lifts including split snatch and split clean, special strengths, acceleration, deceleration, and sport specific training exercises will be covered. Also, learn how to combine core stabilizing techniques with all of the classic exercises used in training today's elite athletes. Not only will you be able to apply these techniques to basketball and volleyball (our specialties) but they will transcend all explosive sporting movements like running, jumping, throwing, kicking, hitting with a bat or the hand, agility, balance and coordination.

Joe Carbone
Current Strength & Conditioning Coach, Los Angeles Lakers
Exclusive Trainer of Kobe Bryant for over 8 years

Bob Takano, C.S.C.S.
Member, USA Weightlifting Hall of Fame
World Class Olympic Weightlifting Coach

Brendan Murray, D.A.C.B.S.P.
Institute for Spine and Sports Care
Seminar Core Stabilization Expert